

Alexandria Gazette.

TUESDAY EVENING, NOV. 13, 1900.

Beds and Sleeping.
A German doctor has been investigating the question of beds, and the result of his labors has been lately given to the world in the pages of a German journal. In the first place, of his subject, the doctor reminds all mankind that we spend from one-fourth to one-third of our lives in bed, after which he proceeds to advise the world on the healthiest kind of couch and the most sensible manner of reposing thereon.

A hard bed appears to be the best, and it is laid down that children from the earliest years should be trained to sleep on these hard beds. Soft beds are too warm and do not admit sufficient air. Even in the case of the hard bed the sleeper is warned to see that his covering, whether woolen or cotton, is not so heavy that the body is kept overwarm and fresh air is excluded. This ventilation, according to our authority, is all important. But what will middle aged people say when the man of science bids them dispense with their pillows? Pillows, he declares, are evils, and it is right that we should sleep with limbs uncramped on a perfectly horizontal plane. Knowing the weakness of human flesh, however, the doctor declares that if pillows are retained they should be neither too soft nor too thick.

A point on which most people will agree with this authority is the necessity for constant (the doctor asks for daily) airing and sunning of the bedding. Much ill health may be attributed to carelessness in this matter.—London Globe.

A Story of Whistler.
The Boston Transcript says: "A diverting anecdote is told of the boyhood of Mr. Whistler, the greatest modern impressionist. He was apprenticed to some engineer, who were etching elaborate maps on copper. One day his employer asked him if he also could etch maps on copper. 'Oh, yes, I can etch,' promptly answered young Whistler.

"As a matter of fact he had never used an etching needle in his life. However, they gave him the copper, and he set to work, making a very fine and beautiful map. But round the edges of the plate, which when bitten in with acid are always stopped out, he etched some characteristic little sketches of the different members of the firm, including a very humorous one of the chief himself.

"Shortly after he happened to go away for a week or two for his holiday. Meantime the plate had been bitten in and printed with all of the dreadful little caricatures that he had forgotten to stop out appearing in startling prominence, the sketch of the chief being especially remarkable because of its great resemblance to that gentleman, who was so enraged at the indignity of the thing that immediately on Whistler's return he dismissed him."

Fred by British Soldiers in Africa.
Capt. C. G. Dennison is well known all over Africa as commander of the forces that captured the famous rebel Gaidi. Under date of Nov. 4, 1897, from Vryburg, Bechuanaland, he writes: "Before starting on the last campaign I bought a quantity of Chamberlain's Colic, Cholera and Diarrhoea Remedy, which I used myself when troubled with bowel complaint, and had given to my men, and in every case it proved most beneficial." For sale by all druggists.

Clean Blood means a Clean Skin.
No beauty without it. Cascarets, Candy Cathartic, clean your blood and keep it clean, by stirring up the lazy liver and driving all impurities from the body. Begin today to banish pimples, eruptions, blackheads, and that sickly bilious complexion by taking Cascarets—beauty for ten cents. All druggists, satisfaction guaranteed. *Box 250, N.Y.C.*

Winter Excursion Tickets.
The Pennsylvania Railroad Company has placed on sale at its principal ticket offices excursion tickets to all important winter resorts in New Jersey, Virginia, North and South Carolina, Georgia, Florida, Cuba, and Central America. The tickets will be sold at the usual low rates, with the usual liberal return limits. An illustrated book, descriptive of winter resorts and giving rates of travel and rates for tickets, will be furnished free on application to ticket agents.

EDUCATIONAL.
Education for Real Life
FOR SONS AND DAUGHTERS, AT
SPENCERIAN BUSINESS COLLEGE,
Academy of Music building, 9th and D. w.
Washington, D. C.

Beautiful spacious hall, Entrance 403 9th St. The thirty-sixth jubilee year opens Monday, August 27, 1900. Day and night session. Office now open for registration of students. Rapid, legible, beautiful Writing, Spelling, thorough English and Correspondence, shorthand and Touch Typewriting, rapid calculations, bookkeeping and Business Practice. Science of Wealth, Commercial Geography, Civics, Laws of Business, Ethics, Mental and Social Culture. Art of expression (Debate method). Vocal and Physical Culture. Night classes: Monday, Wednesday and Friday, 9 to 10. For new catalog, notice or further information call at office or address Mrs. SARA A. SPENCER, Principal and Proprietor. *Single 3m*

A NOTICE INVOICE OF CHOICE CALIFORNIA LEMON SLICED PEACHES, in cans, received and for sale by *J. C. MILBURN.*

10 GROSS MASON'S QUART JARS, of porcelain-lined tops, received August 31 by *J. C. MILBURN.*

FINE WINTER-CURED HAMS—Cox & Gordon's Sugar-cured Hams, small sizes, just received by *J. C. MILBURN.*

A N INVOICE OF FINE GUNPOWDER TEA, just received by *J. C. MILBURN.*

ONE GROSS Tryphens, Orange, Lemon Raspberry and Strawberry, just received by *J. C. MILBURN.*

MINE MATE—This season's Mince Meat just received by *J. C. MILBURN.*

MILD CURED HAMS and Breakfast Bacon, superior quality. For sale by *J. C. MILBURN.*

QUALITY TEELS—A full line of Fine Groceries for summer trade, at *J. C. MILBURN'S.*

GREEN GINGER and CLEANED CUBAN PEANUTS just received by *J. C. MILBURN.*

MEDICINAL.
CONSTIPATION

"It has gone 14 days at a time without a movement of the bowels, not being able to move them except by using hot water injections. Chronic constipation for seven years placed me in a terrible condition; during that time I did everything I heard of but never found any relief such as my case until I began using CASCARETS. I now have from one to three passages a day, and it is such a relief."

ATLANTIC L. HOLT,
Box Russell St., Detroit, Mich.



CANDY CATHARTIC
Cascarets
TRADE MARK REGISTERED
REGULATE THE LIVER

Pleasant, Palatable, Potent, Taste Good, No Food. Never Sickens, Weakens, or Grips. *Box 250, N.Y.C.*

CURE CONSTIPATION.
Hartley Remedy Company, Chicago, Montreal, New York.

DR. MOTT'S NERVE PILLS
Made This Change.

DO YOU suffer from Nervousness, Headache, Dizziness, Indigestion, Falling off in Potency, Night Mania, or any of the above? If so, you need Dr. Mott's Nerve Pills.

WE GUARANTEE to cure you, or we stand by our medicine.

Sold at 10¢ per Box, 50¢ per Doz. of Boxes.

For sale by Richard Gibson, corner of King and Alfred streets.

Kodol Dyspepsia Cure
Digests what you eat.

It artificially digests the food and aids Nature in strengthening and reorganizing the exhausted digestive system. It is the latest discovered digestant and no other preparation can touch it in efficiency. It instantly relieves and permanently cures Dyspepsia, Indigestion, Heartburn, Flatulence, Sour Stomach, Nausea, Sick Headache, Gastralgia, Cramps and all other results of imperfect digestion.

Price 50c. and 1c. Large size contains 24 times as much. Booklet about dyspepsia mailed free.

Prepared by E. C. DEWITT & CO., Chicago.

DRUGGISTS.

CLARA L. LEADBEATER, C. C. LEADBEATER, E. S. LEADBEATER.

E. S. LEADBEATER & SONS.

WHOLESALE AND RETAIL DRUGGISTS.

105 and 107 South Fairfax Street.

Dealers in Drugs, Chemicals, Patent Medicines, Paints, Oils, Dyes, Stuffs, Spices, Drugs, Fancy Goods and Specialties.

Wholesale agents in Northern Virginia for J. C. Ayer's Medicines and John Lucas & Co.'s Tinted Goggles and Prepared Palate, etc.

Manufacturers of Standard Pharmaceutical preparations.

We have made large additions to our stock and are buying leading, Proprietary Articles, Chemicals, etc., direct from the manufacturers.

We are therefore enabled to supply the trade with all goods usually carried by a well-appointed WHOLESALE DRUG HOUSE at prices as low as those given by the best houses in larger cities. All goods forwarded by first freight or express after receipt of order.

Promptness is our specialty. We guarantee the purity of all drugs furnished. Correspondence solicited.

WARFIELD & HALL.

DRUGGISTS.

CORNER PRINCE AND FAIRFAX STS.

Prescriptions a specialty.

English, French, German and Domestic Toilet Soaps; Genuine Parfums; Cologne; Magnolia, Hedyotis, Geranium and Florida Water; Genuine Loblins' Extracts; Sponges, Hair Brushes and Combs; best English Tooth Brushes; a full assortment of Patent Medicines; Cox's Gelatine, Corn Starch, Sea Moss, Farine, Spices of all kinds, and a select stock of all articles sold by druggists at prices as low as same quality can be obtained elsewhere.

W. F. O'BRIEN & CO.

Wholesale and Retail Dealers in

DRUGS, CHEMICALS, PAINTS, PATENT MEDICINES, OILS, DYES, STUFFS, GARDEN SEEDS, etc.

Corner King and Royal Streets.

Physician's Prescriptions carefully compounded. Orders will receive prompt attention.

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ESTABLISHED 1852.

BURKE & HERBERT,

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AND DEALERS IN

INVESTMENT SECURITIES.

A General Banking Business transacted. Deposits received subject to check at sight. Collections made.

Letters of Credit and Foreign Exchange furnished.

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CHAS. R. HOFF, CASHIER.

First National Bank,

ALEXANDRIA, VA.

Designated Depository of the

United States.

CAPITAL, \$100,000.

SURPLUS AND UNDIVIDED PROFITS, \$100,000.

Directors:

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W. R. LAMBERT, G. L. BOUTLER.

Prompt attention given to all business, including collections throughout the United States and Europe.

CITIZENS' Nat'l. Bank.

CAPITAL \$100,000.

SURPLUS \$250,000.

UNDIVIDED PROFITS \$45,000.

Collections made and promptly remitted. All kinds of investment securities a specialty.

Archives: E. Whisk, E. L. Dainierfeld, F. L. Smith, W. H. Lambert, Worth Hildah.

TO CLOSE THEM OUT.

HALF-GALLOON FRUIT JARS

50¢ per dozen.

JELLY GLASSES 25¢ per dozen.

W. P. WOOLLS & SON.

HEINZ'S PICKLES—A fine assortment of Heinz's bottled Pickles, Sauces and Catsup just received by *J. C. MILBURN.*

FRUIT JARS—Porcelain Lined Fruit Jars, extra quality, pint 50¢, quart 60¢, 2 gallons 1.00. *J. C. MILBURN.*

COFFEES have advanced, but we are still selling them at old prices. *J. C. MILBURN.*

FRESH GRAHAM FLOUR received today by *J. C. MILBURN.*

MOTT'S SWEET CIDER, 20¢ gallon, at *J. C. MILBURN'S.*

WATCHES AND JEWELRY.
Diamonds, Watches and Jewelry on Credit.

Pay a little each week. Our representative is in Alexandria every week and will call on you with a full line of samples if you drop a card with your name and address to our Washington store.

Railroad Watch—21 jewels—our specialty. All transactions strictly confidential.

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935 PENNSYLVANIA AVENUE.

WASHINGTON, D. C.

Established 1848.

Boss Watch Cases,

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Everything else in the Watch, Clock and Jewelry line can be bought

at Lowest Prices of

HENRY W. WILDT,

Jeweler and Optician,

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GROCERIES.

W. P. WOOLLS & SON,

Wholesale and Retail Dealers in

FINE FAMILY GROCERIES.

CHOICE MEATS, FRUITS AND VEGETABLES.

Fine Old Wines and Liquors

COR. ROYAL AND WOLFE STS.

JOHN AHEEN & CO.

WHOLESALE AND RETAIL GROCERS.

AND DEALERS IN

PURE WINES & LIQUORS.

We hold largely in U. S. bonded warehouse and carry in stock various brands of the best PURE MALT AND MALT WHISKIES MADE.

Also in store superior grades of Foreign and American WINES, ALES, BROWN SOUT, etc.

Satisfaction Guaranteed as to Price and Quality.

Corner Prince and Commerce Streets.

J. C. MILBURN.

DEALER IN

FANCY AND STAPLE GROCERIES.

L. S. North Royal Street, Alexandria, Va.

Proprietor of the Potomac Brand of Flour, which is unexcelled.

Coffee Freshly Roasted at Store.

W. A. JOHNSON & CO.,

WHOLESALE GROCERS.

GENERAL COMMISSION-MERCHANTS.

And Dealers in

ALL KINDS OF LIQUORS.

Have on hand Gibson's XX, XXX, XXXX and pure Old Rye, Old Cabinet and Monogram Whiskies; also Baker's and Thompson's Pure Rye Whiskies, to which they invite the attention of the trade.

Orders from the country for merchandise shall receive prompt attention.

Consignments of Flour, Grain and Country Produce solicited, for which they guarantee the highest market prices and prompt returns. N. E. corner Cameron and Royal streets.

FOUNDERS AND MACHINISTS.

J. & H. HITCHCOCK,

Practical Machinists and Engineers.

and Builders of

MARINE AND STATIONARY ENGINE.

Blacksmithing and Steam Fitting. Engines and Machinery Supplies, and all sorts of mill work and that connected with brickwork promptly executed. Repairing promptly done.

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Machinists, Iron and Brass Foundry,

SHIPWRIGHTS AND BLACKSMITHS.

(OLD DOMINION WORKS)

SOUTH UNION STREET, ALEXANDRIA.

Will furnish and repair all kinds of Machinery, Iron and Brass Castings, Wrought and Cast Iron Fence, Mill Work, Ship and Blacksmithing, Edge Tools, Mill Picks, Packing Boxes, and all kinds of Mill Work made and repaired at the shortest notice and at reasonable prices.

The highest market price paid for Old Wrought and Cast Iron, Brass and Copper.

COAL AND WOOD

BY ELEVATING THE QUALITY

of our coal we lower the price in economy of consumption. Consumers will find that it is cheaper to use our high grade Lee Coal, which has been screened and freed from slate and stone, than that of an inferior grade. It gives more heat, less ashes and burns longer than any other coal, and our prices are as low as any. Coal and Wood under cover.

J. R. ZIMMERMAN.

Foot of Queen street, Alexandria, Va. Telephone 77.

COAL! COAL!

WHITE AND RED ASH, SHAMOKIN AND LYKEN'S VALLEY.

From the famous mines of the SUSQUEHANNA COAL COMPANY.

Pure Coal, well screened, 2240 lbs to the ton.

CRUSHED COKE,

CUMBERLAND, NEW RIVER AND SPLINT COAL.

Families, Public Institutions, and Manufacturers supplied at lowest market rates.

All orders left at office, 114 South St. Asaph street, telephoned immediately to yards.

J. R. ZIMMERMAN.

Wharf and Yards, foot of Queen street.

NAVY BEANS—Five barrels new navy beans just received by *J. C. MILBURN.*

FRESH HOMINY AND BREAKFAST EGGS just received by *J. C. MILBURN.*

5 BAGS LIMA BEANS just received by *J. C. MILBURN.*

PALO ALTO CARNATION PINK received today by *WARFIELD & HALL.*

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SOUTHERN BELL TELEPHONE AND TELEGRAPH COMPANY.

WYTHE WHITE, Manager.

10 Adams Express Co.

109 Alcorn, Jno & Co.

148 Agnew, Park

450 Aitchison & Bro

764 Aitchison, J & H

854 Aitchison, Dew

1200 Alexandria Driving Park

944 Alexandria Bottling Co.

1200 Alexandria Fertilizer & Chem Co

1544 Alexandria Steam Laundry

584 Alexandria Infirmary

99 Alexandria Theatre

115 Alexandria Brick Company

914 Allen, E. L.

1074 Anderson, E. M.

534 Appich, Geo. E.

1120 Armstrong, W. F. & Co.

130 Baker, H. J.

1023 Baltimore & Ohio Freight

1134 Balfour, Louis C.

158 Barley, Louis C.

159 Barley, Louis C.

864 Bell, Son, Robt.

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